

**ABSTRACT**

The present invention relates to enriched rice or barley characterized in that rice grains or barley grains are coated with an emulsifying agent-coated iron salt composition and vitamins, and further coated with a mixture of a hydrogenated oil and a polyglycerol fatty acid ester. The present invention also relates to enriched rice or enriched barley characterized in that rice grains or barley grains are coated with a mixture comprising an iron salt, a hydrogenated oil and a polyglycerol fatty acid ester. Further, the present invention relates to enriched rice or enriched barley characterized in that rice grains or barley grains are coated with a mixture comprising an emulsifying agent-coated iron salt composition, vitamins, a hydrogenated oil, and a polyglycerol fatty acid ester.